

CLAIMS

1. A workstation, comprising:  
at least one desk;  
at least one articulated arm extending from the desk; and  
5 at least one support platform attached to the articulated arm, the support platform being cyclically movable.

2. The workstation of Claim 1, wherein the support platform includes an upper plate movably attached to a lower plate, the upper plate being movable with respect to the lower plate between a raised position and a lowered position.

3. The workstation of Claim 2, further comprising:  
a bladder disposed between the upper plate and the lower plate, the bladder being inflatable and deflatable to move the upper plate with respect to the lower plate.

4. The workstation of Claim 3, further comprising:  
a pump in fluid communication with the bladder.

15 5. The workstation of Claim 4, further comprising:  
a bleed orifice in fluid communication with the bladder.

6. The workstation of Claim 4, further comprising:

a controller electrically connected to the pump.

7. The workstation of Claim 6, wherein the controller periodically energizes and de-energizes the pump.

8. The workstation of Claim 1, wherein the support platform is laterally movable with respect to the desk.

9. The workstation of Claim 1, further comprising:  
an adapter plate disposed between the support platform and the articulated arm.

10. The workstation of Claim 1, further comprising:  
at least one computer disposed on the desk; and  
at least one keyboard disposed on the support platform.

11. The workstation of Claim 10, further comprising:  
a mouse disposed on the support platform adjacent to the keyboard.

12. The workstation of Claim 3, wherein the bladder is movable within the support platform.

13. The workstation of Claim 2, wherein the upper plate is rotatably attached to the lower plate by a pivot located anywhere between a front edge of the support platform and a rear edge of the support platform.

14. A support platform, comprising:

5 a lower plate;  
an upper plate movably attached to the lower plate; and  
a bladder disposed between the upper plate and the lower plate, the bladder being  
10 inflatable and deflatable in order to move the upper plate with respect to the lower plate.

15. The support platform of Claim 14, further comprising:

16. a pump in fluid communication with the bladder.

16. The support platform of Claim 15, further comprising:

17. a bleed orifice in fluid communication with the bladder.

17. The support platform of Claim 15, further comprising:

18. a controller electrically connected to the pump.

15 18. The support platform of Claim 17, wherein the controller periodically energizes and de-  
energizes the pump.

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at least one support platform attached to the articulated arm, the support platform being cyclically movable; and

at least one keyboard disposed on the support platform.

26. The system of Claim 25, further comprising:

5 means for displaying a support platform settings button.

27. The system of Claim 26, further comprising:

means for displaying a menu of user definable support platform settings when the support platform settings button is selected.

28. The system of Claim 27, further comprising:

means for allowing a user to define the values of the user definable support platform settings.

10 29. The system of Claim 28, wherein the user definable support platform settings include at least one of: inflation time, deflation time, distance up, distance down, total range of motion, static time at top of motion, static time at bottom of motion, and static time at middle of motion.

15 30. The system of Claim 25, further comprising:

means for halting the motion of the support platform at least partially based on an activation of a screen saver.

31. The system of Claim 30, further comprising:

means for re-starting the motion of the support platform at least partially based on a deactivation of the screen saver.